

Are you feeling isolated, lonely, or unwell? You need to keep mobile or learn a new sport, like to make new friends. If you are over 18 and under a 100, come and join us. We are a very friendly bunch and enjoy meeting new people.



We are holding **FREE** taster sessions to learn the game. All equipment will be provided as well as coaching. You only need to bring a pair of flat shoes.

Come along and bring a friend. Tea, coffee, biscuits, and friendly chat will be available and hopefully lots of sunshine and fresh air.





Just turn up at Sussex Recreation Grounds, Brereton Avenue, Cleethorpes on any Thursday morning, 09.45 till 12.00, between May 2<sup>nd</sup> and September 12<sup>th, 2024</sup>. Go to the Wooden Pavilion at the end of the path and say hello.

## WE LOOK FORWARD TO SEEING YOU.





